

TYSTYSGRIF IECHYD A DIOGELWCH SYLFAENOL

FOUNDATION HEALTH & SAFETY CERTIFICATE

Beth yw Tystysgrif Iechyd a Diogelwch Sylfaenol?

Dyma gwrs undydd ar faterion yn ymwneud ag Iechyd a Diogelwch yn y gweithle sydd wedi'i deilwrio yn arbennig ar gyfer y Diwydiannau Bwyd ac Arlwyyo. Mae'r cwrs wedi'i gofrestru a'i ardystio gan Sefydliad Siartredig Iechyd yr Amgylchedd.

Pwy ddylai fod yn bresennol?

Pawb sy'n rhan o'r broses o gynhyrchu a thrin a chynnyrch; staff peirianyddol; gweithwyr clanhau.

Pwyslais y cwrs

- ☐ Gofynion cyfreithiol Polisiâu Iechyd a Diogelwch
- ☐ Cynnal Asesiadau Risg
- ☐ Cadw Cofnodion
- ☐ Hyfforddiant
- ☐ Tystysgrif ar gwblhau'r cwrs yn llwyddiannus.

Strwythur y Cwrs

- ☐ Ymarferion gan ddefnyddio taflunydd, fflip-siart, fideos a syndicet.
- ☐ Llyfr cwrs
- ☐ Daw'r cwrs i ben gyda phapur amlddewis.

Maes Llafur Cyffredinol

- ☐ ***Cyfraith Iechyd a Diogelwch*** – Deddfwriaeth a gorfodi, cyfrifolebau'r gweithwyr a'r cyflogwr.
- ☐ ***Damweiniau ac afiechyd*** – Osgoi damweiniau, cymorth cyntaf.
- ☐ ***Asesu Risg*** – Gofynion cyfreithiol, cynnal asesiadau, cadw cofnodion.
- ☐ ***Diogelwch yn y Gweithle*** – Lles staff, cyfarpar gwaith, trydan a pheryglon tân, dulliau gwerthuso.
- ☐ ***Iechyd Galwedigaethol*** – Peryglon iechyd, COSHH, ergonomeg, trin a thrafod â llaw, sŵn, cyfarpar diogelwch personol.

What is Foundation Health & Safety Certificate?

This is a one day course covering all Health & Safety issues within the workplace, it is tailored specifically towards the Food and Catering Industries. The course is registered and certificated by the Chartered Institute of Environmental Health.

Who should attend?

All personnel involved with the production and handling of product; Engineers; cleaning operators.

The course covers

- ☐ Legal requirements for Health & Safety Policies;
- ☐ Carrying out Risk Assessments;
- ☐ Record Keeping;
- ☐ Training.
- ☐ Certificate on successful completion of course

Course structure

- ☐ OHP, flip chart, videos and syndicate exercises.
- ☐ Course book
- ☐ Course will conclude with a multi-choice test paper.

General Syllabus

- ☐ ***Health & Safety Law*** - Legislation and enforcement, employer and employee responsibilities.
- ☐ ***Accidents and ill health*** - Accident prevention, first aid.
- ☐ ***Risk Assessment*** - Legal requirements, carrying out assessments, record keeping.
- ☐ ***Safety in the workplace*** - Staff welfare, work equipment, electricity and fire hazards, evaluation procedures.
- ☐ ***Occupational Health*** - Health hazards, COSHH, ergonomics, manual handling, noise personal protective equipment.

